

Sasebo Speaks



 <p>Byrrh Bryant</p>	<p>“H2O beats the heat”</p>
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**Marquice
Singletary**

"I beat the heat by going to the pool."



**CDR USCG (Ret)
Thomas
Heitstuman**

**"Mainly I just grab a cool drink and stay
inside in the air conditioning."**



Sheila Donahue

**"I like to go to the pool and drink lots of
water. Not pool water though."**



Ronalyn Ryan

"I stay home."



Patty Simons

"Go home and stay in the air conditioning."



Demond Dean

"I drink Gatorade, it quenches my thirst."



YN1 Summerhill

"Basically, AC."



Matt Heitstuman

"Going to the pool."



Saori Shimizu

“Stay in the house and turn on the AC.”



**Yasuhiro
Kawazoe**

“AC, right?”



**Noriel
Mamalateo**

“I eat ice cream.”